



Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2</b> 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club  1:00 Euchre 1:00 Recreational Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead <b>1:30 AMP-Advance Planning</b>  5:30 Zumba Gold		<b>3</b> 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 AARP Board Meeting <b>10:00 Hiking</b> 10:00 Acrylic & Oil Painting Class 10:00 Singing  12:00 Mahjong 12:30 Bridge 1:00 Bingo-Sponsor: FDL Lutheran Hm 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:15 Cardio Drumming <b>6:00 Winnebago Woodworkers at NFDL HS</b> <b>6:00 Senior Dining-Bublitz Social at 5:30</b>		<b>4</b> 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Video Chair Exercise  12:00 Hand & Foot 12:00 Canasta 1:00 Recreational Sheepshead 1:15 Sheepshead <b>3:30 Sewing Lab</b>  7:30 Wed Night Dance		<b>5</b> 8:00 Skat 9:00 Senior Outreach 9:00 Hand Chimes 9:00 & 10:30 Yoga <b>10:00 Hiking</b> 10:00 Scrapbooking 10:00 Beginning Bridge <b>12:00 ROMEO's—Boda's</b> 12:00 Mahjong 12:30 Bridge 1:00 Cribbage 1:00 Flying Geese Quilters <b>1:00 Movie— "The Zoo Keeper's Wife"</b> 6:00 Local Parents of Angels 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Crafters Club		<b>6</b> <b>8:30 Flu Clinic</b> 9:00 Self Defense Class 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:45 Chair Tai Chi Concepts 1:00 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day  <u><b>7 Saturday</b></u> 9:00 Yoga Fit 10:00 Beg. Country Line Dance  <u><b>8 Sunday</b></u>	
<b>9</b> 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club  1:00 Euchre 1:00 Recreational Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead <b>1:30 AMP-Medication Mngmnt</b>  5:30 Zumba Gold		<b>10</b> 8:30 Pool League 8 Ball 9:00 Tai Chi <b>10:00 Hiking</b> 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:00 Mahjong 12:30 Bridge 1:00 Bingo-Sponsor: Harbor Haven 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:15 Cardio Drumming 6:00 Winnebago Woodworkers 6:00 Coin Club <b>6:00 Senior Dining-Gino's Social at 5:30</b>		<b>11</b> 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Jam Session –All instruments welcome 10:00 Video Chair Exercise  12:00 Hand & Foot 1:00 Recreational Sheepshead 1:15 Sheepshead <b>1:30 Group Community Cares at All About Life</b> <b>3:30 Sewing Lab</b>  7:30 Wed Night Dance		<b>12</b> 8:00 Skat 9:00 Foot Care 9:00 Hand Chimes 9:00 & 10:30 Yoga <b>10:00 Hiking</b> 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 Mahjong 12:30 Bridge 1:00 Cribbage 3:30 Melodies and Memories Choir 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitchers		<b>13</b> <b>9:00 Health Screenings -Sponsored By Lutheran Hm &amp; Agnesian</b> 9:00 Self Defense Class 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:45 Chair Tai Chi Concepts 1:00 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day <u><b>14 Saturday</b></u> 9:00 Yoga Fit 10:00 Beg. Country Line Dance <u><b>15 Sunday</b></u>	
<b>16</b> 7:00 Strong Bodies 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club  1:00 Euchre 1:00 Recreational Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead <b>1:30 AMP-Falls Prevention</b>  5:30 Zumba Gold		<b>17</b> 8:30 Pool League 8 Ball 9:00 Tai Chi <b>10:00 Hiking</b> 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:00 Mahjong 12:30 Bridge 1:00 Bingo-Sponsor: The Meadows 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:15 Cardio Drumming 5:00 Strong Bodies <b>6:00 Winnebago Woodworkers at NFDL HS</b> <b>6:00 Senior Dining-Blanck's Supper Club—Social at 5:30</b>		<b>18</b> 7:00 Strong Bodies 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Video Chair Exercise <b>10:30 Drug Drop Off Event</b> 12:00 Hand & Foot 12:00 Canasta <b>1:00 Movie— "Table 19"</b> 1:00 Recreational Sheepshead 1:15 Sheepshead <b>3:30 Sewing Lab</b>  7:00 Stamp Club 7:30 Wed Night Dance		<b>19</b> 8:00 Skat 9:00 Hand Chimes 9:00 & 10:30 Yoga <b>10:00 Hiking</b> 10:00 Scrapbooking 10:00 Beginning Bridge  12:00 Mahjong 12:30 Bridge 1:00 Cribbage <b>1:30 AARP</b> 5:00 Strong Bodies 6:00 Local Parents of Angels 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Crafters Club		<b>20</b> 9:00 Self Defense Class 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:45 Chair Tai Chi Concepts  1:00 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day  <u><b>21 Saturday</b></u> 9:00 Yoga Fit 10:00 Beg. Country Line Dance  <u><b>22 Sunday</b></u>	
<b>23</b> 7:00 Strong Bodies <b>8:00 Newsletter Assembly</b> 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club  1:00 Euchre 1:00 Recreational Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead <b>1:30 AMP-Exercise and You</b>  5:30 Zumba Gold		<b>24</b> 8:30 Pool League 8 Ball 9:00 Tai Chi <b>10:00 Hiking</b> 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:00 Mahjong 12:30 Bridge 1:00 Bingo-Sponsor: Lincoln House 1:00 Stitchery Group 1:00 Drawing & Watercolor Class <b>2:00 Community Cares</b> 3:15 Cardio Drumming 5:00 Strong Bodies <b>6:00 Winnebago Woodworkers at NFDL HS</b> <b>6:00 Senior Dining-Fat Joe's Social at 5:30</b>		<b>25</b> 7:00 Strong Bodies 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Jam Session –All instruments welcome 10:00 Video Chair Exercise  12:00 Hand & Foot 1:00 Recreational Sheepshead 1:15 Sheepshead <b>Umbrella Brigade at Diverse Options—Ripon</b> <b>Umbrella Brigade at Fountain View—Ripon</b> <b>3:30 Sewing Lab</b>		<b>26</b> 8:00 Skat 9:00 Hand Chimes 9:00 & 10:30 Yoga <b>10:00 Hiking</b> 10:00 Beginning Bridge  12:00 Mahjong 12:30 Bridge 1:00 Cribbage 5:00 Strong Bodies 5:45 TOPS #0566 6:00 Country Line Dancing 6:30 Alzheimer's Support Group		<b>27</b> <b>9:00 Friends Board</b> 9:00 Self Defense Class 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:45 Chair Tai Chi Concepts  1:00 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day  <u><b>28 Saturday</b></u> 9:00 Yoga Fit  <u><b>29 Sunday</b></u>	
<b>30</b> 7:00 Strong Bodies 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club  1:00 Euchre 1:00 Recreational Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead <b>1:30 AMP-Healthy Relationships</b>  5:30 Zumba Gold		<b>31</b> 8:30 Pool League 8 Ball 9:00 Tai Chi <b>10:00 Hiking</b> 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:00 Mahjong 12:30 Bridge 1:00 Bingo-Sponsor: Visitng Angels 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:15 Cardio Drumming 5:00 Strong Bodies <b>6:00 Winnebago Woodworkers at NFDL HS</b> <b>6:00 Senior Dining-Sebastian's Social at 5:30</b>		<div><div>LET'S DO LUNCH!</div><div>Senior Dining</div><div>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served <b>Monday—Friday</b> at <b>11:45 a.m.</b>, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. <b>Menus are available at the front desk or our website: fdlseiorcenter.com</b></div><div><div>Fellowship, Food &amp; Fun</div></div></div>				<b>**All Orange Events are held Offsite</b>  Billiard Room open daily for open Pool except during league playing time.  <b>OFFSITE SUPPORT GROUPS</b>  <b>10/9 10:00 Parkinson's Support Group- Aurora Health Care</b> <b>10/10 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</b> <b>10/17 4:00 Diabetic Support Group at Aurora Health Care Center</b>	